

<http://oktechmasters.org/candys/NutrChild/syllabus3.htm>

UNIVERSITY OF CENTRAL OKLAHOMA

Fall, 2001

Nutrition of Children

NUTRN 3662

COURSE DESCRIPTION:

Study and application of nutritional principles applied to the feeding of children.

TEXTBOOK:

Marotz, Lynn R., Marie Z. Cross, Jeanettia M. Rush, Health, Safety, and Nutrition, 5th edition, 2001.

Course packet is available at Kopy Kat, 401 N. University Drive, or the University Center Copy Center.

COURSE OBJECTIVES:

The student will be able to:

1. Identify general nutrition information concerning carbohydrates, protein, fats, vitamins, and minerals.
2. Identify nutrition concepts important to children from conception through 12 years of age. Also, identify nutritional needs and growth patterns.
3. Identify techniques for measuring and assessing the nutritional status of children.
4. Identify psychosocial needs of children and explain their relationship to nutritional status.
5. Demonstrate curriculum approaches for teaching nutrition concepts to children, including parent involvement.
6. Identify sources of nutrition education materials for children.
7. Identify appropriate nutritional interventions for correction of childhood obesity.
8. Identify nutrients and substances which have been suggested to effect behavior in children.
9. Describe the different types of child-care settings, role of nutrition, and regulations for operation.
10. Apply the principles of menu planning in various child-care settings.
11. Describe the effects of vegetarian and low fat, low cholesterol diets on growth and development of children.
12. Determine safety and sanitation procedures for food preparation and serving.

MAJOR AREAS STUDIED:

1. Nutrition and human development.
2. Nutritional needs of children from infancy through 12 years of age.
3. Nutrition programs for children.
4. Methods of teaching nutrition concepts to children.
5. Nutritional assessment of children.

6. Psychosocial needs of children as they relate to nutritional status.
7. Childhood obesity and eating disorders.
8. Food service management in child care programs.
9. Nutrition education.
10. Food safety and sanitation.

EVALUATION:

Tests (3-100 pts each) 300 points
 Site Visit 50 points
 Menu 25 points
 Lesson Plan/Activity 50 points
 *Other 100 points
 TOTAL 525 points

GRADING:

A = 93-100
 B = 85-92.99
 C = 77-84.99
 D = 70-76.99
 F = 60-69.99

*This category will include video summaries, speaker summaries, group project and other assigned projects throughout the semester.

SITE VISIT:

Visit a child care facility. Using a checklist provided, evaluate the quality of the program. Turn in a typed brief summary in which you address your observations. Your summary should be 1-2 pages long.

MENU:

Plan a three day menu for a child care facility, including breakfast, lunch and a snack for each day. A rubric is included in the course packet.

LESSON PLAN:

Develop and present a lesson plan on a nutrition concept for children. You will be graded on originality, creativity, format, and age appropriateness. Please be as complete as possible in your report and include an introduction. Grammar and form will be considered. The written report will comprise 35 points of your grade. The other 15 points will be awarded based on the quality of your presentation and visuals. Include all the materials and demonstrate your activity as you might in an actual classroom setting. You need to bring a brief 1-2 page summary of your activities. Be prepared to display your materials for the teacher and the rest of the class to observe. (Similar to a "poster session.")

Articles:

A review and reaction of 2 different articles from magazines, the internet or newspapers (not more than two years old) is due during the semester. This 15-point assignment includes a brief summary and a reaction to the article. A form is included in the packet.

ATTENDANCE:

Attendance will be monitored by a sign in sheet and may have an effect on your final grade. Failure to sign the sign in sheet will result in being counted absent.

MAKE-UP POLICY:

Make-up tests are discouraged except in an emergency. Please consult with the professor if a test or assignment must be missed.

LATE ASSIGNMENT:

For every day that assignments are late, the project will be penalized. All projects must be completed to complete the course. No late assignments will be accepted on the day of the final, as this does not allow adequate time for grading.

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact Equity Officer at ext. 2573 or see me after class as soon as possible to better ensure that such accommodations are implemented in a timely fashion.

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Office Hours:

Monday: 3:10-4:25
p.m., 7:20-8:35 p.m.
Tuesday: 9-9:30, 11:45-
12:45
Wednesday: 9:00-11:00
Thursday: 9-9:30,
11:45-12:45
Friday: 9-11

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Nutrition of Children Spring, 2001

Agenda

Week 1	January 8	Orientation	
	January 10	<i>Video: Kids and Food</i>	
Week 2	January 15	No Class (MLK Day)	
	January 17	No Class - Snow Day	
Week 3	January 22	<i>Video: Fast Food</i>	
	January 24	Chapter 13: Nutritional Guidelines	
		<i>Video: The Food Guide Pyramid</i>	
Week 4	January 29	Chapter 14: Nutrients That Provide Energy	
		<u><i>Video: What are Nutrients?</i></u>	
	January 31	Cont. Chapter 14	
Week 5	February 5	Chapter 15: Nutrients That Promote Growth of Body Tissues	
	February 7	Exam 1	
Week 6	February 12	Chapter 16: Nutrients That Regulate Body Functions	
	February 14	Cont.	
Week 7	February 19	Chapter 12: Educational Experiences for Young Children	<u>Article #1</u> <u>Due</u>
	February 21	Cont.	
Week 8	February 26	Chapter 21: Nutrition Education Concepts & Activities	
	February 28	Cont.	Site Visit Due
Week 9	March 5	Chapter 17: Infant Feeding	
	March 7	Cont.	
	March 12-15	Spring Break	
Week 10	March 19	Cont.	
	March 21	Exam 2	
Week 11	March 26	Chapter 2, pg. 21-25 (Growth & Development); pg. 31-33 (Dental Health). Chapt. 4, pg. 77-88 (Nutritional Assessment)	Article #2 Due
	March 28	Chapter 5, pg. 87-92, 94-95 (Diabetes), pg. 96-99 (Fatigue, FAS/FAE, Lead Poisoning)	
Week 12	April 2	Chapter 18: Feeding the Toddler & Preschool Child	
	April 4	Cont.	
Week 13	April 9	Chapter 19: Planning/ Serving Nutritious /Economical Meals	Presentation:
	April 11	Cont.	Presentation:
Week 14	April 16		Presentation:
	April 18	Chapter 20: Food Safety	Menus Due Presentation:

Week 15 April 23 Cont.
April 25 Review
May 2

Final Exam 9:00-10:50 a.m.
January 29, 2001

Presentation:
Presentation:

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The following articles can be found grouped together on the following site:

<http://trackstar.hprtec.org/main/display.php3?trackid=51103>.

1. Obesity in Children
2. Child's Risk of Adult Obesity
3. Budding Couch Potatoes
4. Childhood Obesity: More Prevalent Than You May Think

er reading the *four* (4) articles, write a summary and reaction to the articles. You can use the form in your packet or write the summary and reaction without using the form. Be sure to include the name of the article, summary and your reaction or thoughts. They do not have to be on four separate sheets of paper. This article is due:

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